

Grapevine

Happy Halloween



Photo by Neil Remnant

Living at the Veterans Home of California in Yountville – November 10, 2006

*The
GRAPEVINE*

*Marcella M.
McCormack,
Administrator
Jody Price,
Public
Information
Officer
Reporters/
Columnists:
Kathleen
Madden,
Neil Remnant,
Chris Williams,
Lou Zauner*

*The
GRAPEVINE
is an official
publication of
the Veterans
Home of
California,
produced
bi-weekly by
the Public
Information
Office. For
information call
(707) 944-4541.
Get your own
copy delivered
every other
Friday. The
service is \$20
for one year and
can be arranged
by calling
the Public
Information
Office at (707)
944-4541. Send
subscriptions
and articles for
publication to:
GRAPEVINE,
Public
Information
Office, Veterans
Home of
California,
PO Box 1200,
Yountville, CA
94599. FAX to:
(707) 944-4542.*

From the Administrator's Desk ...

November 11th is set aside to honor all veterans. Yet, to each of us, some faces are more vivid in our memory, and we think of them in particular on patriotic holidays. Those faces are different for each of us, but when we came to the Veterans Home, we all acquired another soldier to whom we all owe a special debt -- Colonel Nelson Miles Holderman. The California Veterans Home would not exist in its present form had he not led us for many years.

"The Great War," World War I, ended on November 11th. The date was first known as Armistice Day and later as Veterans Day. Colonel Holderman emerged as "one of the great heroes of WWI ... battling the agonizing six days as a company commander with 'The Lost Battalion' in the Forest of the Argonne." They were not lost. They were surrounded by enemy forces, and fighting for survival. To quote from the citation which accompanied his Medal of Honor, "He was wounded on 4, 5, and 7 October, but throughout the entire period, he acted with unflinching courage. On 6 October, in a wounded condition, he rushed through enemy machine gun fire and carried 2 wounded men to a place of safety."

Colonel Holderman was appointed Commandant of the Home in 1926 and began a 27 ½ year battle to bring it into the modern era. He brought it from a "firetrap" of infested wooden buildings to the attractive and safe community it has become. When he died at 66, the major portion of his rebuilding was assured.

Let us take time on Veterans Day to remember loved ones who battled in our defense, friends who we will carry in our hearts forever, and those special heroes to whom we owe our free society.



**Marcella McCormack,
Administrator**



Veterans Home Blood Drive

On Wednesday, November 15 from 9 am to 2 pm, Blood Centers of the Pacific technicians will be in Grant Hall to accept your donation of blood. Donors must have verifiable identification (such as CA Drivers License, Social Security Card, etc.) to donate.

For information or to schedule your donation appointment please call Linda Gagne at 944-4505 or sign up using the sponsor code **cvhyount** online www.bloodheroes.org where you can also find eligibility information. If you have doubts about your ability to donate, ask your doctor.

Remember to please eat and drink before donating.

Cycles and Renewal

Bart Buechner, Deputy Administrator

The California Veterans Home at Yountville was here before any of us came. It will be here after all of us have gone. During the past, the Home has undergone change, some of it innovation; some of it revisiting the past.

We will soon see the beginning of another cycle as Vietnam and Near East veterans enter the home in large numbers. The average age of residents is now seventy-nine. That will drop as these young veterans arrive. Their needs will be different. A much larger number will have been injured because more wounded are being saved. Last month, October, slightly more than 100 were killed; more than 250 were seriously wounded, a typical proportion.

MEDIVAC helicopters are now “flying emergency rooms.” MASH units, state of the art in Vietnam, are no more. They have been replaced with completely staffed hospitals in the center of the combat zone. Their medical teams refer to “The Golden Hour.” Every effort is made to assure that the wounded are in surgery within an hour; if that is achieved their lives can usually be saved.

These advances mean that rehabilitation will factor large in our future. You may have missed a figure that Administrator Marcella McCormack mentioned in her recent financial report - \$500,000 has been allocated for a complete study of our infrastructure. This is an indicator that we’re here for the long haul and will help us to be ready with the needed services.

Madison Hall should also soon be brought back into use. Beginning in January, an Army National Guard Construction Battalion, the 579th Engineers, back from Afghanistan, has offered to spend their reserve training time cleaning and making repairs.

Yes, you will see changes. It can be summed up in the lyrics of an old song, popular during World War II - “We’ve done it before, and we can do it again.”

USS Hornet Museum

The Yountville Community Services Department has scheduled a trip to visit the USS Hornet on Saturday, November 18 from 9:30 am to 4:00 pm. The trip includes round trip charter bus transportation and permission to board the aircraft carrier USS Hornet. Cost for the trip is \$10 for Yountville residents and families of Yountville Elementary School; non-residents, adults \$25, ages 5 to 17 \$15, ages under 5 \$10. For more information and to sign up for the trip, please contact the Town of Yountville, Community Services Department at 944-8712.





Veterans Day, 2006

A Proclamation by the President of the United States of America

Through the generations, America's men and women in uniform have defeated tyrants, liberated continents, and set a standard of courage and idealism for the entire world. On Veterans Day, our Nation pays tribute to those who have proudly served in our Armed Forces.

To protect the Nation they love, our veterans stepped forward when America needed them most. In conflicts around the world, their sacrifice and resolve helped destroy the enemies of freedom and saved millions from oppression. In answering history's call with honor, decency, and resolve, our veterans have shown the power of liberty and earned the respect and admiration of a grateful Nation.

All of America's veterans have placed our Nation's security before their own lives, creating a debt that we can never fully repay. Our veterans represent the best of America, and they deserve the best America can give them.

As we recall the service of our Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen, we are reminded that the defense of freedom comes with great loss and sacrifice. This Veterans Day, we give thanks to those who have served freedom's cause; we salute the members of our Armed Forces who are confronting our adversaries abroad; and we honor the men and women who left America's shores but did not live to be thanked as veterans. They will always be remembered by our country.

With respect for and in recognition of the contributions our service men and women have made to the cause of peace and freedom around the world, the Congress has provided (5 U.S.C. 6103(a)) that November 11 of each year shall be set aside as a legal public holiday to honor veterans.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim November 11, 2006, as Veterans Day and urge all Americans to observe November 5 through November 11, 2006, as National Veterans Awareness Week. I encourage all Americans to recognize the valor and sacrifice of our veterans through ceremonies and prayers. I call upon Federal, State, and local officials to display the flag of the United States and to support and participate in patriotic activities in their communities. I invite civic and fraternal organizations, places of worship, schools, businesses, unions, and the media to support this national observance with commemorative expressions and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirty-first.

GEORGE W. BUSH



November 11, 2006, as "Veterans Day"

A Proclamation by the Governor of the State of California

From 1919 until 1954, the eleventh day of the eleventh month was known as Armistice Day, commemorating the cessation of hostilities in World War I. It was a day to honor the heroism of the American troops who fought in the "war to end all wars." However, following the unparalleled military mobilization of World War II and the fighting on the Korean Peninsula, our nation became home to millions of more veterans. To honor them, an act of Congress renamed Armistice Day to Veterans Day. November 11 would forevermore be a time to remember all United States veterans.

We do not personally know most of the men and women who have fought to protect our way of life. But we do know our family, friends and the liberties we hold dear; American veterans lived and died to defend them. They have set aside their own security to protect our country from forces that aim to destroy it. Courageous people of all races, creeds and colors have united under our nation's banner to preserve the purity, valor and justice for which it stands.

Today, we honor those who have battled and those who continue to battle against tyranny. As Californians, we are especially grateful to the 2.5 million veterans who reside in our state. We thank them, and American veterans everywhere, for enduring hardships that few comprehend. For their service, often rendered in the face of extreme danger, we owe our veterans our utmost gratitude and respect.

NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER, Governor of the State of California, do hereby proclaim November 11, 2006, as "Veterans Day."

IN WITNESS WHEREOF I have here unto set my hand and caused the Great Seal of the State of California to be affixed this 6th day of November 2006.

Dear Papa,

Thank you for being in the United States Army. In English we are learning about patriotism and we were assigned to thank a patriot or veteran of our country. I thought of you because you are a patriot and you very special to me. I hope you are well and I see you soon.

Love,

Benny, your grandson

Benny is the grandson of Home Member James Ettleman who resides in Eisenhower. Ettleman is an Army veteran who served in Germany.



Medals Focus Nation's Pride on Veterans Day

By the Honorable R. James Nicholson, Secretary of Veterans Affairs

General George Washington had it right when he turned over the victorious Continental Army and said: "This new nation owes these men who procured our freedom a debt of gratitude."

Our job at the Department of Veterans Affairs (VA) is to fulfill that debt of gratitude and we do it well. But, there is even more we can do as Americans, and that is to honor and thank our veterans and encourage them to be openly proud of their service, sacrifice and accomplishment.

In that spirit of gratefulness, VA has launched its Veterans Pride initiative where we are asking American veterans to proudly wear their military medals and decorations on Veterans Day, November 11, 2006.

We hope they will also wear them on Memorial Day and the Fourth of July, and that it will become a tradition in America.

Our goal is to inspire the American people to recognize and honor the military service of their fellow citizens, and to engender a greater sense of pride and satisfaction on the part of the veterans for what they did for our country.

We are urging all veterans to pin on their military medals and ribbons on Veterans Day, especially when participating in festivities and parades, but also in just going about their regular activities of that day.

The Veterans Pride initiative shines a bright light on millions of our fellow citizens who answered the needs of our nation both in peace and in war. Each veteran's medals tell a story about their service. This initiative will also help stimulate interest in our veterans' service and sacrifice on the part of their families, neighbors, colleagues and fellow community citizens. We hope to bring our veterans' stories home to all Americans this Veterans Day.

The Department of Veterans Affairs "Veterans Pride" campaign Web site, <http://www.va.gov/veteranspride/>, describes the program and offers important information and guidance about how veterans can be informed of the medals they received and how they can obtain medals earned during their military service.

To America's veterans I say; wear your medals over your heart with pride this Veterans Day and let your fellow citizens know that you served.



Jim Nicholson, Secretary of Veterans Affairs, served eight years on active duty as a paratrooper and Ranger-qualified Army officer, then 22 years in the Army Reserve, retiring with the rank of colonel. While serving in combat in Vietnam, he earned the Bronze Star Medal, Combat Infantryman Badge, the Meritorious Service Medal, Republic of Vietnam Cross of Gallantry and two Air Medals.

Annual Halloween Party gives Us the Creeps

By Lou Zauner, photos by Glen Nock, Neil Remnant,
Chris Williams, Lou Zauner

And not only the “creeps,” but also the ghosts, goblins, ghouls and more. The costumes and characters get better each year, and on Tuesday, October 31, Halloween afternoon from 1:30 to 3:00 pm the Hospital Recreation Area was haunted with a spectacle of sights and sounds of the really fun All Hallows’ Eve. Nearly 300 Home Members, Hospital Residents, Staff and guests, (plus two therapy dogs and a therapy cat) filled the large room.

Our own *Jammers* entertained the crowd with appropriate music to set the stage for the entourage of “les horribles” to appear. Twenty nine Home Members and Staff participants presented their fantasy creations while Master of Ceremonies, Deputy Administrator Bart Buechner, attired in a Mad Hatter garment, masterfully directed the proceedings.

A wild and wide variety of entries were announced to parade down the middle aisle and around the audience for the entire assembly to view. Both beauties and beasts appeared ... angels, animated bones, Raggedy Ann, gorilla playboys, clowns, ghoulish straw men, fishermen and European mountaineers, cats and hunters (some four-legged), princesses and debutantes (also some four-legged), cowpokes and hillbillies ... they were all there.

Home Administrator Marcella McCormack headed the contestant judging committee and announced the winners.

The festive event ended with traditional pumpkin pie punctuated by a lot of laughs, chuckles and happy comments for another gets-better-each-year Halloween.



Continued on next page







Celebrating the 12th Annual Senior Games

By Lou Zauner, photos by Chris Williams & Lou Zauner

From October 11th through the 22nd the Napa Senior Games provided their 2006 "Senior Olympians" with 52 different categories of games that ranged from Bocce Ball, Bowling and Bridge to Javelin, T-Ball Hti and Track & Field Events. Of the nearly 200 senior participants signed-up, the following 47 are Home Members who competed for honors and medals in their own competitive specialties.

Carl Banks	John Bolner	John Bowden	Ruby Brand
Virgil Bright	Donald Davies	Jim Ducker	Marjorie Fletcher
Robert Forster	Bob Fox	Dan Goodman	Joseph Hahn
Barbara Hawkins	Ed Hawkins	John Hepp	Bruce Holman
Herb Jager	Merl Keller	Everett Kimmel	Lester Lamaie
Winford Lamb	Imogene Lambert	Wilma Lembke	Donald Liddicoat
Bernard Madkins	Joe Maynord	Robert McLaughlin	Joe Meeker
Al Mellone	Albert Meriano	Bob Moore	Thomas Morrow
Dick Musser	Dale Oleson	Edward Olson	Donal Pecsény
Charles Richesin	Charles Samson	Katherine Tallman	Aurealious Thompson
Georgia Todd	John Trice	John Walnch	Dottie Ward
David Wells	Emily Willet	James Woods	



ASSISTED BOWLING



GOLF



BOWLING



BRIDGE

*Continued on
next page ...*



Continued from page 11

The climax was the Closing Ceremony and Awards Dinner at 5 p.m. Sunday, October 22nd. The popularity of the contests and the enormous program supported by generous community donors was evidenced by the attendance of over 200 for the Dinner and Awards Ceremony.



Quote from Gene Pisica, Acting Community Resources Director, City of Napa: "Those of you who have trained and compete in this event represent the ideal role model for all seniors in our community. Your involvement in participating and competing in the Games is a testament of your desire to live life to its fullest. By pushing yourself to your limit and trying to do your best at all times, you demonstrate to the community what seniors are really capable of accomplishing."

Be Safe – Call SAIF First!

The Seniors Against Investment Fraud (SAIF) Program provides older Californians information to recognize, avoid and report investment and telemarketing fraud. SAIF is the first place to call *before* purchasing or investing in any type of "financial" product.

SAIF can help seniors:

- Confirm if the sales person and company are properly licensed and registered
- Identify possible "red flags" associated with the solicitation
- Get the facts *before* investing
- Locate other available resources
- Get information on current scams targeting seniors

Before you invest use the "SAIF 4C Model":

1. Call SAIF first
2. Consider all our options
3. Compare the product to others
4. Consult with someone you trust

Call toll free at 1-866-275-2677

Senior Legal Hotline



Senior Legal Hotline

Have a legal question or problem?

Northern California residents age 60 and over are eligible for free legal advice³, written information, referral and other brief services in all areas of civil law including Social Security/SSI, Medi-Cal/Medicare, family law, powers of attorney, age discrimination, consumer issues, housing, elder abuse and grandparent rights.

For a confidential telephone consultation with a member of the hotline's legal staff call toll free at 1-800-222-1753 during the following hours: 9 am to noon and 1 to 4 pm, Monday through Friday; and until 7:30 pm on the first and third Thursday of each month. You can also submit your question by email and find other useful information at our website: www.seniorlegall hotline.org

Most Patriotic Petaluma Elks Dinner

By Lou Zauner

More than 100 Home Members joined the group of 100 Petaluma Elks Lodge Members and guests for a superb evening of dinner and ceremonies at the Petaluma Elks Lodge, Friday, October 27. Six busses and Staff drivers transported the Home Members, arriving at 5:30 pm and to depart at 8 pm.

Before dinner beverages were available at the Lodge Bar hosted by Lodge Member Edwin DeCarli. The dinner was an excellent mixed salad with croutons, roasted chicken, mashed potatoes and gravy, sliced zucchini squash and concluded with cheesecake for dessert. The chefs received a standing ovation.



The stirring patriotic Flag Ceremony, presenting the Colors of all the Services with their accompanying anthems, preceded the National Anthem, beautifully performed ... for her first time ... by 11-year-old Audrey Guns. It was followed by the Pledge of Allegiance.

Before departing, Home Members received gift bags from the generous Petaluma Lodge Mem-

bers - candy, cookies and cap to remember the occasion.

Our sincere thanks and appreciation go to our Hosts and Masters of Ceremonies Jeff Guns and Cliff Esquibel, Edwin DeCarli and all the Members of the Petaluma Elks Lodge who honored us with such a great evening dinner.



Exalted Ruler Jeff Guns, Ensign Betsy Wood who attended to honor a fallen comrade, Past Exalted Ruler Cliff Esquibel, Jeff's daughter Audrey Guns.



November 10, 2006



Veterans Testing for Veterans

By Chris Williams

Being a guinea pig isn't so bad. Ask those who tried out the furniture and carpeting for the new veterans homes to be build in Greater Los Angeles and Ventura County. Headquarters staff, architects, product representatives and Project Managers from the Department of General Services gathered in Grant Hall to get a sampling of our members' opinions about the products.

Those opinions were as definite as Goldilocks survey of the three bears' accommodations. "This one's too hard", "This one's difficult to get out of", "Ah, this one's just right" were heard. As you might expect, there wasn't always agreement because we come in all sizes and shapes. Bernard's favorite chair swallowed Jane Hum. Cheryl Franzi, the nurse consultant for Program Review questioned everyone closely. "Is your back comfortable? Are the arms at the right place when you get up?"



Home Member Bernard Madkins and Bill Parente, CDVA Deputy Secretary



When Bob Forster (pictured at left with Cheryl Franzi, Evaluating Nurse Consultant for Program Review) arrived in his electric chair, it was time to punish the carpets. He was asked to do wheelies, and the samples stood up to the test.

He then tried moving from his chair into each of the furniture items to judge its accessibility. This was closely watched by a circle that included Louis Koff, Administrator of the Barstow home, and Lynn Scott from the office of the Secretary for Veterans homes.

As much attention went to the display of swatches and colors as to the furnishings themselves. People have to live with the choices, and they must be durable. As we learned recently from Andy Ellcock, environmental considerations are increasingly important, with sustainability, both in manufacture and use, a consideration under the Green Guide to Healthcare.

Sarah Thamer-Hallford looked into Annex I because the Department of General Services will have to sign off on that, too. What are they involved with? "Everything," she said, and Andrew Arnold began to reel off a list that backed her up. "Everything from paper to vehicles and buildings and all points in between," he explained.

When things are changed at the Veterans Home, it may seem a casual decision. It isn't. A good deal of care must be given to selection because mistakes can be costly.

Veterans Home Administrator Marcella McCormack also tested the comfort of the chairs.



Greg Harliss and others browse the samples table.



Saying Thanks to the U. S. Army

Ensemble di Palermo e Teatro Massimo

By Chris Williams

General George S. Patton's forces fought their way across North Africa and continued across the Mediterranean to Sicily, arriving in Palermo in August of 1943. The German army had fled, and most men had been conscripted. The city was occupied mostly by women, old men and children. Schools, civic buildings, roads and docks lay devastated. General Patton asked what the army engineers could do to begin rebuilding the ruined city. With tears in his eyes, the mayor replied, "We will do all the rest. Please help us with our beloved opera house."

General Patton returned to his headquarters and told his artillery captain, Robert Coffin (who still lives in Carmel), "Do it!"

Teatro Massimo di Palermo is the second largest opera house in Europe, and Palermo's citizens had expended enormous effort to fill its seven-story dome with sandbags to protect it. Now, the U.S. Army built chutes, and, with the help of women and children, lowered them to the ground, then gave the remarkably preserved theater a good cleaning.

With the few local musicians left and those recruited from the Army, a makeshift orchestra was formed and went into rehearsal. And so, on Christmas Eve, 1943, the Teatro Massimo re-opened with a performance of *La Boheme*. Both the U.S. and Italian national anthems preceded the performance before a packed house with loudspeakers carrying it to the hundreds outside.

To commemorate this event, the orchestra of the Teatro sent its twelve first-chair musicians on an American tour. They played Lincoln Theater with American singers Peter Girardot and Teressa Byrne, presenting the best-known works of Verdi and Puccini. It was an evening of musical enchantment.



Are you going on pass for the holidays?

Don't forget your medications! There is a deadline for picking up your medications.

Thanksgiving Passes: Signed Pass Forms must be received by the Pharmacy no later than Friday, November 17.

Christmas Passes: Signed Pass Forms must be received by the Pharmacy no later than Friday, December 15.

In order for medications to be provided for your pass, the deadlines must be observed. There will be no exceptions.



Good Readin'

Declaration of Independents

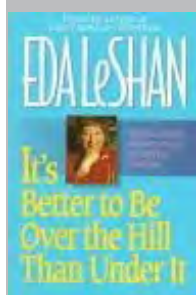
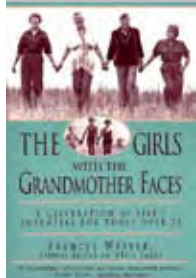
Living Alone and Liking It by Lynn Shahan is one of several books in Lincoln Library which address the problems of loss, loneliness and adjustment. It is interesting to read what applies to us here at the Veterans Home and what doesn't. Most note a common experience: after the loss of a companion due to death or divorce, friends and family rally around then gradually drop away. This feeling of abandonment often leads to further withdrawal until someone has few ties. It takes real effort to become a hermit here; even those butterflies serve to keep us connected.

Among the new perspectives is an interesting question: "Have you ever thrown a party for yourself? With yourself as the only guest?" Many of us spent our lives taking care of others -- we may have lost the knack for putting ourselves first. We may think it's not worthwhile to take pains when it's "just me." Treat yourself as well as you would a guest, and you can come to enjoy it.

Strahan ends with the insight that we can be free to do something we've never done before: "to be completely in charge of our life, and become a more capable and complete human being. It can cause you to recognize dimensions of yourself you never knew existed."

The trap of old age is provocatively posed in *The Girls with the Grandmother Faces* by Frances Weaver. "Old persons who have gone before you have been crotchety, stingy, boastful, boring and arrogant. They have complained of their illnesses and many other things. You may be surprised at how easy it is to be that way -- others may even expect it." Who are you going to be for the rest of your life? How much will it say about your feeling for life itself?

As a columnist for "Newsday," Eda LeShan has written on almost every subject of concern to anybody "going it alone." In *It's Better to Be Over the Hill Than Under It*, she has gathered these into neat, accessible chapters which makes it simple to find those which interest you. Then, she proceeds to her summing up, and it is striking how similar her conclusion is to that of the others. Nobody says it better than she: "there is one passion that can last until one's last breath, and that is the passion for growing."



Knott's Berry Farm Tribute to Veterans

November 1 - 23, 2006

This is Knott's annual tribute to our Military, past and present
– FREE admission

for Veterans or current serving military personnel and one guest with proper I.D. Plus purchase up to six additional tickets for just \$10.95 each!

Veterans Home Cookbook

Time is running short to submit your recipe for the "Veterans Home Cookbook."

Please send all recipes to Cathy Sapata, Cookbook Coordinator, in Occupational Therapy by November 30th. We are looking forward to including your favorite recipes!

RECIPE SUBMISSION FORM

(ONE RECIPE PER PAGE)

For Committee use

Recipe # _____

RECIPE CATEGORIES

- ☐ Appetizers, Beverages,
& Dips
☐ Soups & Salads

- ☐ Breads & Rolls
☐ Vegetables & Side Dishes
☐ Main Dishes & Meats

- ☐ Desserts
☐ Cookies & Candy
☐ Miscellaneous

RECIPE TITLE

SUBMITTED BY

(PRINT EXACTLY AS YOU WANT IT TO APPEAR IN THE BOOK)

INGREDIENTS

List of abbreviations: C. = cup; tsp. = teaspoon; T. = tablespoon; lb. = pound; oz. = ounces; pkg. = package; pt. = pint; qt. = quart

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS

(PLEASE BE VERY CLEAR AND THOROUGH IN YOUR INSTRUCTIONS)

"There is no finish line until there is a cure."



November Programs

Sat,
Nov 11
2 to 4
pm

The Silver Clay Process with local artist, Doña O. Silver clay is made of fine silver particles, water and organic binders. Using simple tools, objects are easily given shape, texture, and character. After air-drying, the objects are fired and the binders burn off, leaving precious metal. Doña O will demonstrate how to manipulate the various forms of this clay into beautiful jewelry. Free with admission. Call 707.944.0500 for reservations.

Sat,
Nov 18
2 to 4
pm

Thanksgiving Centerpiece Workshop with Carol Spencer and Masako Masumoto. Local flower arrangers, Carol Spencer and Masako Masumoto share their expertise this holiday season to show you how to make a winning Thanksgiving table decoration. Participants will create and take home their own holiday centerpiece. Please bring clippers and an apron. Other supplies and refreshments provided. \$15 members/\$20 non-members. Please RSVP by November 15. Call 707.944.0500 for reservations.

Exhibition Opens

Lewis and Clark Revisited: A Trail in Modern Day

Reception, Friday November 10 from 6 to 8 pm

Following in the footsteps of Meriwether Lewis and William Clark as they searched for the Northwest Passage, contemporary photographer Greg MacGregor traces the historic 19th century journey west to see the route as it exists today. The Napa Valley Museum presents “Lewis & Clark Revisited: A Trail in Modern Day” from Friday November 10, 2006 through Sunday, January 7, 2007.

Using the Lewis and Clark journals as his guide, MacGregor follows the original path as much as possible and captures vivid images along the way. From the starting point of the expedition in St. Charles, Missouri to the Oregon coast and back again, the “Lewis and Clark Revisited: A Trail in Modern Day” exhibition pairs 60 stunning black and white images chronicling the 200 years of human inhabitation with journal entries from the Lewis and Clark dairies, showing the transformation of the land and its people. “It was important for me to get back to the locations mentioned in the journals but once there, I looked for contemporary overlay on that historic site,” says Greg MacGregor. Images capture the Missouri River where sections of the original riverbanks have been completely altered by bridges, hydroelectric dams, and other modern amenities. Yet in other areas, the scenery resembles what the Corps of Discovery must have seen two centuries ago.

“Lewis and Clark Revisited” speaks to the legacy of those early explorers who opened up the west to a young nation’s imagination and settlement and, at the same time, provides a rich visual commentary on contemporary American life. The wine and hors d’oeuvres reception is free for members and \$5 for non-members.

Sat,
Nov 11
8:00 pm **Paramount's Original LaserSpectacular** featuring *The Music of Pink Floyd and Presented in 3D*. After 19 years of touring, *Paramount's LaserSpectacular* has become a cult classic, presenting the music of Pink Floyd like you've never seen it before. Surrounded by 10,000 watts of concert quality sound, Pink Floyd's musical legacy continues as the bands concept music captures the imagination and carries listeners away on a mind-expanding journey driven by cutting edge effects.

Mon,
Nov 13
8:00 pm **Ballet Folklórico de México** Mexico's national dance company was founded in 1952 by Amalia Hernández. Sponsored by the Mexican government, it is headquartered at the National Institute of Fine Arts in Mexico City and regularly tours worldwide. It began as a company of eight dancers that produced dances based on Mexican folklore. Greatly enlarged, today it is recognized as one of the world's preeminent "ethnic" ballet companies and presents a wide range of colorful dances that spotlight Mexico's regions, history & culture.

Sat,
Nov 25
8:00 pm **Rhythm of the Dance** The cream of traditional instrumentalists, singers and dancers bring you the authentic sounds of Ireland's heart-stopping musical culture. Thrill to the intricate beats of the jig and the reel and the plaintive melodies of traditional songs. This richly costumed show represents an entirely new concept in Irish entertainment using genuine spirit of Ireland's national dances, songs and storytelling whilst including modern influences to give you rhythm, rhythm, rhythm.



Annoyed by Telemarketers?

Here are some tips to stop them ...

Remove yourself from mortgage refinancing and home equity loan offers by calling the Acxiom U.S. Consumer Hotline at 877-774-2094 or writing to DataQuick, Attn: Opt-Out Dept., 9620 Towne Center Drive, San Diego, CA 92121.

Stop solicitations from the Direct Marketing Association's 5200 member companies, which represent 80% of these marketers. Get forms for \$5 or write for free forms to the Direct Marketing Association, Mail Preference Service, PO Box 643, Carmel, NY 10512.

Limit unwanted sales calls by registering for the federal Do Not Call list at 888-382-1222 or online at www.donotcall.gov.

sign up
early



Residential Care Special Events

Sign ups at Activities Office open 2 ½ weeks before event.

November

	Date	Time	Event	Bus	Site	Signup
10	Fri	11:30 am	Senior Chorale		MDR	
11	Sat	8:30 am	Women Vets Parade, Fairfield	MBS		Yes
		11:11 am	Veterans Day Salute		MDR	
		11:00 am	Iron Warriors Picnic		MPG	
		5:30 pm	Warriors vs. Detroit	MDR		Yes
		8:00 pm	LaserSpectacular	LT		Yes
12	Sun	10:00 am	Oakland Raiders vs. Denver	MBS		Yes
13	Mon	8:00 pm	Ballet Folklórico de México	LT		Yes
14	Tue	9:30 am	Fairfield Shopping	MBS		Yes
15	Wed	9:00 am	Blood Drive	GH		
16	Thu	10:45 am	Bunch for Lunch: Olive Tree	MBS		Yes
18	Sat	5:30 pm	Warriors vs. Seattle	MDR		Yes
19	Sun	7:30 am	Napa Sr. Center Brunch	MBS		Yes
		10:00 am	49ers vs. Seattle	MDR		Yes
21	Tue	11:00 am	Pre-Holiday Book Sale		HRA	
22	Wed	12:30 pm	LeMelange Beauty Academy	MDR		Yes
23	Thu		Happy Thanksgiving (offices closed)			
24	Fri		Thanksgiving Holiday (offices closed)			
		8:30 am	Vallejo/Costco Shopping	MBS		Yes
25	Sat	5:30 pm	Warriors vs. Utah	MDR		Yes
		8:00 pm	<i>Rhythm of the Dance</i>	LT		Yes
26	Sun	3:00 pm	<i>Rhythm of the Dance</i>	LT		Yes
28	Tue	9:15 am	Sonoma Mission Tour	MBS		Yes

Sign up early! Activities can fill quickly. All activities are subject to change due to bus and driver availability, please check with the Activities Office for the status of a trip.

KEY – 1C/1D: Hospital 1C/1D patio; Bor: Borman Field; Chp: Chapel; GH: Grant Hall; GR: Games Room; HL: Hospital Lobby; HRA: Hospital Recreation Area; LL: Lee Lounge; LT: Lincoln Theater; MBS: Main Bus Stop; MDR: Main Dining Room; MPG: Main Picnic Grounds; SF: San Francisco; TAV: Tavern; VHC: Veterans Home Cemetery; VGC: Vintners Golf Course; VHL: Veterans Home Lanes; XII: Annex II; Ynt: Yountville; YVP: Yountville Veterans Park.

The Napa Valley Navy League and the Vietnam Veterans of America Chapter 702 are co-sponsoring an Army – Navy Football Game party in Grant Hall on Saturday December 2nd beginning at 9:00 AM. The event is free for members of both organizations, those intending to join and there will be applications available at the door, or guests of members of the Navy League and VVA 702. The event includes watching the game on big-screen TV, Chili, hotdogs, snacks and beverages. For more information contact Fern Colette in the Activities Office.

Week 4 (D)

Main Dining Room Veterans Home Menu

November 12 thru 18, 2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted Juices Hot and Cold Cereals Sausage Gravy w/Biscuit	Assorted Juices Hot and Cold Cereals Fried Eggs Corned Beef Hash English Muffin	Assorted Juices Hot and Cold Cereals Omelets Salsa Breakfast Potatoes Bacon Toast	Assorted Juices Hot and Cold Cereals Creamed Chipped Beef w/Biscuit	Assorted Juices Hot and Cold Cereals Cinnamon French Toast w/Syrup Sausage Links Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Fried Eggs Bacon Hash Browns English Muffins Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Belgian Waffles Sausage Milk/Coffee/Tea
L U N C H	Tri Tip Green Bean Medley Garlic Mashed Potatoes Roll Lemon Layer Cake	Chicken Parmesan Buttered Noodles Italian Mixed Vegetables Bread Ice Cream	Shrimp Scampi Seasoned Peas Fusilli Pasta French Bread Lemon Meringue Pie	Pork Carnita Tortilla Spanish Rice Tomato Salsa Refried Bean Mediterranean Vegetables Flan	Teriyaki Beef Seasoned Asparagus Jasmine Rice Bread Tapioca Pudding	Baked Cod Fillet Garlic Mashed Broccoli Bread Ice Cream	Tai Pork Steamed Rice Pacific Blend Vegetables Rolls Cherry Crisp
S U P P E R	Squash Soup Surimi Salad w lettuce & tomato Mini Croissant # Tropical Fruit Mix	Hot Dog With or without Chili Grated Cheese Chopper Onions w/all the fixings Mixed Grilled Vegetables Fresh Cantaloupe	Pastrami Provolone Sandwich on Hoagie Roll Cucumber Onion Salad Tropical Fruit Salad	Breaded Chicken Fillet w/Country Gray Seasoned Peas & Onions Red Roasted Potatoes Bread Fresh Grapes	Hearty Vegetable Soup Ham & Cheese on French Bread Peach Halves	BBQ Beef Ribs Seasoned Capri Vegetables Seasoned Butternut Squash Bread Apple Cobbler	Old Fashioned Beef Stew Seasoned Zucchini Winter Mix Biscuit Apricots

Breakfast: 6:30-8:00

Continental Breakfast: 8:00-9:00

Lunch: 11:00-1:00

Supper: 4:00-6:00

Approved By: Pat Schultz, RD #622918

*Menu will be adjusted for therapeutic and mechanically altered diets.



Week 1 (A)

Main Dining Room Menu



November 19 thru 25, 2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted Juices Hot and Cold Cereals Sausage Gravy W/Biscuit	Assorted Juices Hot and Cold Cereals Fried Eggs Corned Beef Hash English Muffin	Assorted Juices Hot and Cold Cereals Omelets Salsa Breakfast Potatoes Bacon Cinnamon Roll	Assorted Juices Hot and Cold Cereals Creamed Chipped Beef W/Biscuit	Assorted Juices Hot and Cold Cereals Cinnamon French Toast W/Syrup Sausage Links Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Fried Eggs Bacon Hash Browns English Muffins Milk/Coffee/Tea	Assorted Juices Hot and Cold Cereals Scrambled Eggs With Potatoes Sausage Milk/Coffee/Tea
L U N C H	Pot Roast Seasoned Carrots Mashed Potatoes Bread Apple Pie	Spaghetti with Italian Meatballs Parmesan Cheese Seasoned California Mixed Vegetables French Bread Ice Cream	Sweet & Sour Chicken Mandarin Vegetable Jasmin Rice Bread Asian Blushing Pears	Meatloaf w/Gravy w/Seasoned Italian Green Beans Baked Potato W/Sour Cream Bread Chilled Cherries	<i>Happy Thanksgiving</i> Roast Turkey W/Giblet Gravy Peas w/Pearl Onions Candied Yams Cornbread Dressing Dinner Roll Pumpkin Cheesecake, Pumpkin or Pecan Pie	Citrus Salmon w/ Tartar Sauce Seasoned Green Beans Scalloped Potatoes Bread Ice Cream Orange Cake	Corned Beef Seasoned Cabbage, Baby Carrots & Onions Boiled Potatoes Rye Bread Fresh Grapes
S U P P E R	Knickerbocker Bean Soup Marinated Beets Pastrami with Provolone On Marbled Rye Strawberry Peach Gelatin Cup	Coconut Tilapia W/Mango & Papaya Brown Rice Winter Mix Vegetables Seasoned Green Beans Bread Tropical Fruit	Spinach Salad Sausage w/grilled Onions & Peppers With/without Bun Strawberry Parfait	Carrot Raisin Salad Beans with Turkey Franks Southern Corn Bread Chocolate Pudding	Split Pea Soup Escalloped Chicken & Noodles Seasoned Broccoli Bread Chilled Pears	Coleslaw Hamburger with or without Cheese all the Fixings Seasoned Corn Chilled Apricots	Oven Fried Chicken Mashed Potatoes Seasoned Peas Bread Chocolate Cream Pie

Breakfast: 6:30-8:00

Continental Breakfast: 8:00-9:00

Lunch: 11:00-1:00

Supper: 4:00-6:00

Approved By: Pat Schultz, RD #622918

*Menu will be adjusted for therapeutic and mechanically altered diets.

MOVIE NIGHT IN GRANT HALL

Fri, Nov 10 – “Pieces of April”

This 2003 release is a funny and sometimes quirky movie. The cast includes Katie Holmes, Patricia Clarkson, Derek Luke, Oliver Platt, Alison Pill, John Gallagher, Sean Hayes and Isiah Whitlock. The story is about a young woman living in a New York apartment with her new boyfriend and her attempts to prepare Thanksgiving dinner for her dysfunctional out-of-town family. There is apprehension by all concerned about the get together. An above average entertainment for the Thanksgiving season.

Wed, Nov 15 – “Gods & Monsters”

A 1998 film is the fictional story of James Wale who was the real-life director of the films “Frankenstein” and “Bride of Frankenstein.” The excellent cast includes Iam McKellen, Brendan Fraser, Lynn Redgrave, David Dukes and Kevin O’Connor. The movie is a very fine rendering of time and place toward the end of the director’s Hollywood life during the 1950s Bill Condon won an Oscar for direction of this three and one half star film. ★ ★ ★ ½

Fri, Nov 17 – “Prairie Home Companion”

A new (2005) movie starring Garrison Keillor, Lily Tomlin, Kevin Kline, Meryl Streep, John C. Reilly, Tommy Lee Jones and Woody Harrelson. This great gang of stars recreated a backstage version of Keillor’s last broadcast of his long-running popular radio show. Many Home Members will remember the humor of Keillor and Tomlin in their recent appearances here at Lincoln Theater. The film is an above average entertainment. Directed by Robert Altman.

Wed, Nov 22 – “Bright Eyes”

A 1934 movie starring Shirley Temple, James Dunn, Judith Allen and Jane Withers. This early Shirley Temple film is pretty good with a story line of juvenile villainy from Withers involving a custody battle over recently-orphaned Shirley. Songs include “On the Good Ship Lollipop.” This movie is considered one of the better Shirley Temple films.

Fri, Nov 24 – “Thank You for Smoking”

This new (2006) movie is a clever, glib satire of, and about, the tobacco industry. It is an interesting take on tobacco lobbyist, the media and other interests promoting smoking. The cast includes William H. Macy, Aaron Eckhart and David Koechner. This is an above-average new film based on Christopher Buckley’s novel.

Wed, Nov 29 – “Billy Budd”

This 1962 adventure film stars Peter Ustinov, Robert Ryan, Melvyn Douglas, Terrance Stamp and David McCallum. The story is based on the Herman Melville classic good-versus-evil novel set in the 1797 British Navy. Ustinov directed and co-wrote this outstanding film. ★ ★ ★ ½



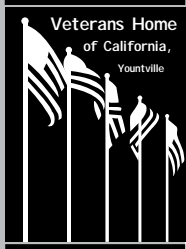
GRANT HALL
Theater doors
open at 5:15 pm
Wednesdays &
Fridays

Special selected
presentations at
5:30 pm

Feature Film
begins at 6:00 pm

The Digital
Theater is
sponsored by the
Veterans
Remembrance
Committee,
The MW&R Fund
and AMVETS

Neil Remnant,
Movie
Coordinator

A large, faint, circular logo for the AMVETS Service Foundation is centered in the background. It features a red outer ring with the words "AMERICAN VETERANS" in white. Inside the ring is a purple circle with the word "AMVETS" in white. The center of the logo is a white circle with a red star.

The *Veterans Home Media Program* gratefully acknowledges the generosity of the *AMVETS Service Foundation* in supporting *KVET TV*, the *Grapevine*, and the *Veterans History Program*.

GRAPEVINE

Veterans Home of California
P.O. Box 1200
Yountville, CA 94599-1421

For
Information
about the
Veterans
Home
call: 1-800-
404-VETS